



# MILA

BAR & GRILL

MILAESSEX.CO.UK

MILAESSEX\_



# LUNCH MENU

\*1 COURSE 10.95

\*2 COURSE 14.95

\*3 COURSE 18.95

## STARTERS

### HUMUS (GF) (VF) (V)

Mashed chickpeas, tahini finished with an aged olive oil, lemon juice & garlic

### CACIK (V)

Chopped cucumbers, yogurt, mint, dill, garlic

### SMASHED BEETROOT TARATOR (V)

Oven roasted fresh beetroot's mixed with strained yogurt, mayonnaise, feta cheese, dill, spring onions, and crushed walnuts

### SMOKED AUBERGINE & MISO YOGURT (V)

### GRILLED HALLOUMI WITH JAM (V)

Mixed leaves & cherry tomatoes drizzled with aged olive oil

### GOLDEN CHEESE PASTRY (V) (G)

Light and crispy fried filo pastry filled with cheese and spinach served with a sweet chilli dip

### IZGARA KOFTE

### HALLOUMI FRIES (V)

Deep fried Cypriot halloumi sticks that are crispy on the outside and soft on the inside

### CREAMY GARLIC MUSHROOM (V) (D)

Boneless chicken wings marinated in a special blend of herbs and spices

### BUFFALO WINGS

Chargrilled spicy wings dressed in a homemade buffalo sauce, topped with spring onions and sesame seeds

### SUCUK

## MAIN COURSES

ALL SERVED WITH RICE AND SALAD

### CHICKEN SHISH

### ADANA KOFTE SHISH

### MIXED VEGETABLE SKEWER

Grilled vegetables with homemade tomato sauce

### PAN SEARED SALMON (GF)

Grilled fillet of salmon served with a creamy mash potato, French beans and a seafood veloute sauce

### CHICKEN WINGS

### CHICKEN BEYTI

### LAMB BEYTI

### SEASONAL VEGETABLE PASTA

Penne pasta in a rich house made tomato sauce with mixed seasonal vegetables

### CHICKEN & MUSHROOM TAGLIATELLE

Ribbon style pasta cooked with chicken & mushrooms in a creamy sauce

## DESSERTS

### BAKLAVA

With ice cream

### PASSION FRUIT CHEESECAKE

### STICKY TOFFEE PUDDING

### CHOCOLATE SUFLE

### CREME BRULEE

### GELATO ICE CREAM SELECTION

Chocolate, Vanilla, Strawberry  
Three scoops

### NEW YORK CHEESECAKE

## SIDES

### BROCCOLI

5

### CHIPS

4

### ASPARAGUS

5

### CREAMY MASH POTATO

5

### FRENCH BEANS

5

### EZME

6

### MAC AND CHEESE

5

### PADRON PEPPER

5

### RICE

4

Food allergies & intolerance. Before ordering your food and drinks, please speak to a member of staff if you have any allergies or would like to know more about the ingredients. We can not guarantee that all our dishes are 100% free from nuts or their derivatives. Some items may contain gluten.

V Vegetarian | VF Vegan Friendly | GF Gluten Free | N Nuts | C Crustacean | D Dairy | G Gluten